



PiXL
partners in excellence

30 Days of
Kindness
Diary



30 Days of Kindness Diary

Challenge: To fill in your Kindness Diary for 30 days and pass on a little kindness every day.

KINDNESS noun

1. the quality of being friendly, generous and considerate.
2. the ability to not let horrible viruses stop us from being good to one another.

When you choose to be kind, you make someone else feel like they matter. After they receive your kindness, they will remember what you did. Then they will pass it on to someone else and that person will too. Soon the kindness makes its way around the world, all because you chose to be kind.

Choosing to be kind to ourselves and others is the one thing we can control in a world that has been turned upside down.

Let's keep being kind, even after things go back to normal. Start today with the 30 days of Kindness Diary.

Each morning, you will be given a kindness challenge and every afternoon or evening you will write down how you got on. You can do this on your own or with a teacher, family member or friend.

Be brave, be kind and try to make things better.

“Do things for people not because of who they are or what they do in return, but because of who you are.”

Harold S. Kushner



Day 1

Write down one thing you want to do today to make something better for somebody else.

Day 2

Write down one thing you could do today that will make you feel better than how you felt yesterday.

Day 3

Write down one thing you could do to make someone feel good today.

Kindness without reward

Just be kind, don't wait for, or expect, a reaction from others.

“Kindness begins with the understanding that we all struggle.”

Charles Glassman



Day 4

What is the kindest thing you could do today for someone you love?

Day 5

What is the kindest thing you saw/watched/heard someone else do yesterday?

Day 6

What is the kindest thing you could do today for yourself?

Be kind to yourself: It's great to make others feel good, but you need to be kind to yourself too.



**“Try to be the rainbow in
someone else’s cloud.”**

Maya Angelou

Day 7

Write down something you're good at doing that makes people smile. Try and do it today.

Day 8

Write down something you would like to feel today. Try and make someone else feel like that.

Day 9

Write down something you start doing that would be kind to yourself. Try and start it today.

Some days you won't feel like being kind:

These are the days we have to try our hardest.

“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”

Amelia Earhart



Day 10

Who haven't you spoken to in ages? Send them a letter or an email today and tell them you were thinking of them.

Day 11

Who is the person who understands you more than anybody else? Write to them and express what they mean to you and that you are grateful to have them in your life.

Day 12

Who is the person you find challenging to be around? Try and think of something good about them.

You may not realise how much difference your kindness makes: but it will.

“Wherever there is a human being, there is an opportunity for a kindness.”

Lucius Annaeus Seneca



Day 13

Think of something that somebody you love would really like to hear. Find a way to say it to them.

Day 14

Think of something that you have but you don't use anymore. Find a way to give it to someone who might like it.

Day 15

Think of somebody who hasn't got anybody. Find a way to show them you care.

Tiny acts of kindness make a MASSIVE difference to somebody else.

“I’ve been searching for ways to heal myself, and I’ve found that kindness is the best way.” Lady Gaga



Day 16

Describe the feeling you get when someone is kind to you.

Day 17

Describe the feeling you get when you surprise someone with a present.

Day 18

Describe the feeling you get when someone says something nice about you.

You CAN be kind to people you find hard to be around.

“We can’t help everyone,
but everyone can help
someone.”

Ronald Reagan



Day 19

What are the top three things you like about your favourite person? Write these down and save it for when you speak to them next.

Day 20

What are the top three things you like about your favourite teacher? Write these down and save it for when you speak to them next.

Day 21

What are the top three things you like about you? Write these down and save it for when you feel like they're not true.

When you find yourself needing to make a difficult decision, ask yourself: what is the kindest thing to do?

“Kindness can become its own motive. We are made kind by being kind.”

Eric Hoffer



Day 22

Write down something you love about someone you know.
Maybe you should tell them today.

Day 23

Write down something you do that makes people happy.
Maybe you should do it today?

Day 24

Write down something you could do in your home that nobody
would expect you to do. Maybe you should surprise them today.

If someone isn't kind to you, try to be kind to them.

“Be someone’s sunshine
when their skies are grey.”

Andrea Reiser



Day 25

What is the kindest thing you could do to help an animal today?

Day 26

What is the kindest thing you could do to help an elderly person today?

Day 27

What is the kindest thing you could do to help someone who isn't well today?

Being kind is a decision you make.

It might just be the best decision you make today.

**“Remember
there’s no such
thing as a small
act of kindness.
Every act creates
a ripple with no
logical end.”**

Scott Adams



Day 28

Who is the kindest person you know? Try doing something they would do.

Day 29

Who is the kindest character in a film, book or tv show? Try to do something they would do.

Day 30

Who is the kindest version of you? Keep doing things that they would do.

You will always know when someone has been kind to you, but only if you know what it is to be kind.



**If you want to make
the world a better
place, be kind in it.**

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